FOOD

Page 7 – Thanksgiving Recipes

EL CENTRAL HISPANIC NEWS

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SPORTS

Page 10 – Thanksgiving Football!!!

Desde el suroeste de Detroit hasta Hollywood y Wakanda

Por Ángela Gallegos

EL CENTRAL se reunió con la actriz originaria del suroeste de Detroit Ivy Haralson para la proyección privada en Michigan de su última película Pantera Negra: Wakanda Por Siempre.

P: ¿Cómo se siente ser parte de una de las películas más importantes del año?

R: "¡Irreal! ¡Emocionante! Es una película tan grande y supongo que no estaba preparada para la cantidad de personas a las que iba a llegar y afectar".

P: ¿Cuál fue tu papel o papeles en la película?

R: "Me eligieron como una Dora Milaje, y tuve la oportunidad de doblar a muchos de los personajes principales, como Danai Gurira, los Ángeles de Medianoche y Angela Bassett en muchas de las escenas donde aparecen nadando, y algunas otras más, pero esos fueron los papeles principales".

P: ¿Cuánto tiempo tuviste que entrenar para la película?

"El entrenamiento fue de aproximadamente dos meses, antes de que comenzáramos a filmar, y la filmación real fue de nueve meses. Fue bastante intenso estar afuera en el calor de Atlanta durante el verano, pero ya estábamos muy cansados cuando comenzó la película, ¡Pero fue una buena experiencia!

P: ¿A qué edad supiste que querías ser actriz?

R: "Definitivamente supe que quería ser artista cuando era niña, siempre bailaba y cantaba en la casa. En cualquier lugar desde el tercer grado en obras de teatro y presentaciones escolares, pero en realidad no comencé a hacer teatro hasta cuando llegué a la escuela secundaria, y luego seguí practicándolo en la Universidad Estatal de Wayne para obtener mi Licenciatura en Bellas Artes, cuando fue que comencé a tomarme el teatro en serio; después de la universidad, descubrí el combate escénico y las acrobacias".

Continúa en la pág.2

From Southwest Detroit To Hollywood and Wakanda

Southwest Detroit native Ivy Haralson at the private Michigan screening of her latest film Black Panther: Wakanda Forever

By Angela Gallegos

EL CENTRAL caught up with actress and Southwest Detroit native Ivy Haralson at the private Michigan screening of her latest film Black Panther: Wakanda Forever.

Q: How does it feel to be part of one of the biggest movies of the year?

A: "Surreal! Exciting! It's such a huge movie and I guess I wasn't prepared for how many people it was going to reach and affect."

Q: What was your role/ roles in the film?

A: "So I was cast as a Dora Milaje, and I was given the chance to double a lot of the main characters such as Danai Gurira as the Midnight Angel and Angela Bassett in a lot of her swimming scenes, a few others, but those were the main roles."

cont on pg.2

Bank of America Awards Over $3.6 Million to Nonprofits Tackling Economic Mobility in Metro Detroit

On Thursday, November 17, Bank of America celebrated its annual "Day of Giving," connecting more than 100 employees with the bank's community partners to volunteer with organizations helping to advance economic mobility and racial equality in Detroit. In addition to the volunteer visits, the day included a small business roundtable, a luncheon with bank teammates and partners, and a special "GIVE" celebration event.

In 2022, the Bank of America Charitable Foundation Detroit Market awarded more than $3.6 million in community giving grants to 64 Metro Detroit area nonprofits. Overall, Bank of America Corporation contributed more than $6.6 million in Michigan through grants, investments, sponsorships, and engagements. These partnerships focus on ensuring individuals and families in Michigan have access to tools and resources improving economic mobility, and to essential services such as emergency shelter, affordable housing, access to food, and financial education.

"Any time we can volunteer and work with our community partners to create consistent pathways to employment, job training and job creation, entrepreneurship and stable neighborhoods, we will do it," said Matt Elliott, President, Bank of America Michigan. "As Metro Detroit families continue to work toward a better future, Bank of America will continue to work by their side whenever we can to deliver the support they need through our trusted partners."

Organizations receiving grants this year include:

- Abayomi CDC
- ACCESS
- Accounting Aid Society
- Alternatives for Girls
- American Red Cross of SE Michigan
- Arab American National Museum
- Big Brothers Big Sisters of Metropolitan Detroit
- Brilliant Detroit
- Build Institute
- Catholic Charities of Southeastern Michigan
- Chaldean American Ladies of Charity
- Chaldean Community Foundation
- Coalition on Temporary Shelter (COTS)
- College for Creative Studies (Design Core)
- Connect Detroit
- Detroit Economic Growth Corporation
- Detroit Educational Television
- Detroit Impact Inc.
- Detroit LISC
- Detroit PAL
- Detroit Regional Chamber Foundation Inc.
- Detroit Rescue Mission Ministries
- Develop Detroit
- Flint Institute of Arts
- Focus Hope
- Food Gatherers
- Forgotten Harvest
- Gleaners Community Food Bank of Southeast Michigan

cont on pg.3

Bank of America leadership, (from left) Dwanette Williams (Assistant VP Community Relations Manager), Matt Elliott (Michigan Market President, BofA), and Star Crawford (Senior VP, Market Executive Detroit)

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Wakanda

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Q: How much did you have to train for the movie?

"The training was about two months before we started filming, and the actual filming was nine months. So it was pretty intense, outside in Atlanta heat for the summertime, but we were shredded by the time the movie started, so it was good!"

Q: At what age did you know you wanted to be an actor?

A: "I definitely knew as a kid I wanted to be a performer, I was always dancing and singing around the house. Anywhere as early as third grade in school plays and concerts – but I didn't actually start doing theater until high school, and then I pursued it at Wayne State University for my Bachelor of Fine Arts, so that's when I started taking theater seriously, and after college, I discovered stage combat and stunts."

Q: Who are your influences?

A: "Growing up, I always saw Zoe Saldana, who does stunts but is also an actress as a role model for sure. Angelina Jolie, all these strong female roles. I still hope to one day perform as myself, so those are my influences."

Q: Who do you aspire to work with next?

A: "Oooooh, That's a hard one! I would love to work with more female directors. I think actor and performer wise I would love to continue to work with Angela Bassett, I was able to double her, and she is such a strong actress and a badass woman, so I think I would really love to work with her again."

Q: Do you have any advice for aspiring actors or combat stage performers?

A: "It's lucky right now that we're in an era where you can google anything! There are always classes you can sign up for or whether it's school through a university or online classes or masterclasses. From there, you can always ask people like myself what kinds of classes to take or who to talk to etc., but I would start with acting classes. Some kind of martial arts or gymnastics classes is always good so you can see if you're a mover or not and go from there. Everyone's dream is different, so as long as you start, that's what's most important!"

Q: So you're in Atlanta now, what do you like to do when you come back home to Detroit?

A: "EAT and visit family! Detroit is always changing. Every time I come home to visit, there's always something new,so I like to discover the new things, and I'm always shocked by it. But yeah, definitely spend time with my family and have some good food."

Q: Tell us about your connection to the Southwest Detroit community?

A: "It's so interesting because I know I'm one of the only Dora who is of Black and Mexican descent. So my mom is Mexican, and my dad is Black, so this movie is an epitome of who I am. People were so excited for me to be a Dora as a Black woman without realizing that I'm also Latina, and so to be able to see my people now represented from the other side and to have these two worlds meet in this movie… I don't think people understand, but for me, it's like we are now being represented by Marvel fully. Wakanda passed off the baton to the Latino community, and now they are represented as well - that's Southwest Detroit for me! In Southwest is where you can find Black and Latino existing together; that's where I've found the most people who are the same mix as me. So It's just beautiful to come from that and see it brought to the big screen."

Angela Gallegos is Capricorn, a writer, special projects manager, voice actress, and native SW Detroiter. She is a creative changemaker passionate about wellness and justice in her community and the world and a graduate of Wayne State University.

Con't de pg. 1

P: ¿Quiénes son tus influencias?

R:"Al crecer, siempre vi como modelo a seguir a Zoe Saldana, que hacía acrobacias pero que también es actriz. Angelina Jolie, con todos estos papeles femeninos fuertes. Todavía espero algún día actuar como yo misma, pero ellas esas son mis influencias".

P: ¿Con quién aspiras a trabajar a continuación?

R:"¡Oooooh, eso es difícil! Me encantaría trabajar con más mujeres directoras. Creo que como actriz e intérprete me encantaría seguir trabajando con Angela Bassett, pude doblarla, y ella es una actriz tan fuerte y una mujer muy ruda, así que creo que realmente me encantaría volver a trabajar con ella".

P: ¿Tienes algún consejo para los aspirantes a actores o artistas de teatro de combate?

R: "¡Es una suerte que ahora mismo estemos en una era en la que puedes buscar cualquier cosa en Google! Siempre hay clases en las que te puedes inscribir o puedes buscarlas en la escuela o a través de una universidad, clases en línea o clases magistrales. A partir de ahí, siempre puedes preguntarle a la gente como yo qué tipo de clases tomar o con quién hablar, etc., pero yo empezaría con las clases de actuación. Siempre es bueno algún tipo de clases de artes marciales o gimnasia para que puedas ver si te puedes mover o no y seguir desde allí. El sueño de todos es diferente, así que mientras comiences, ¡eso es lo más importante!

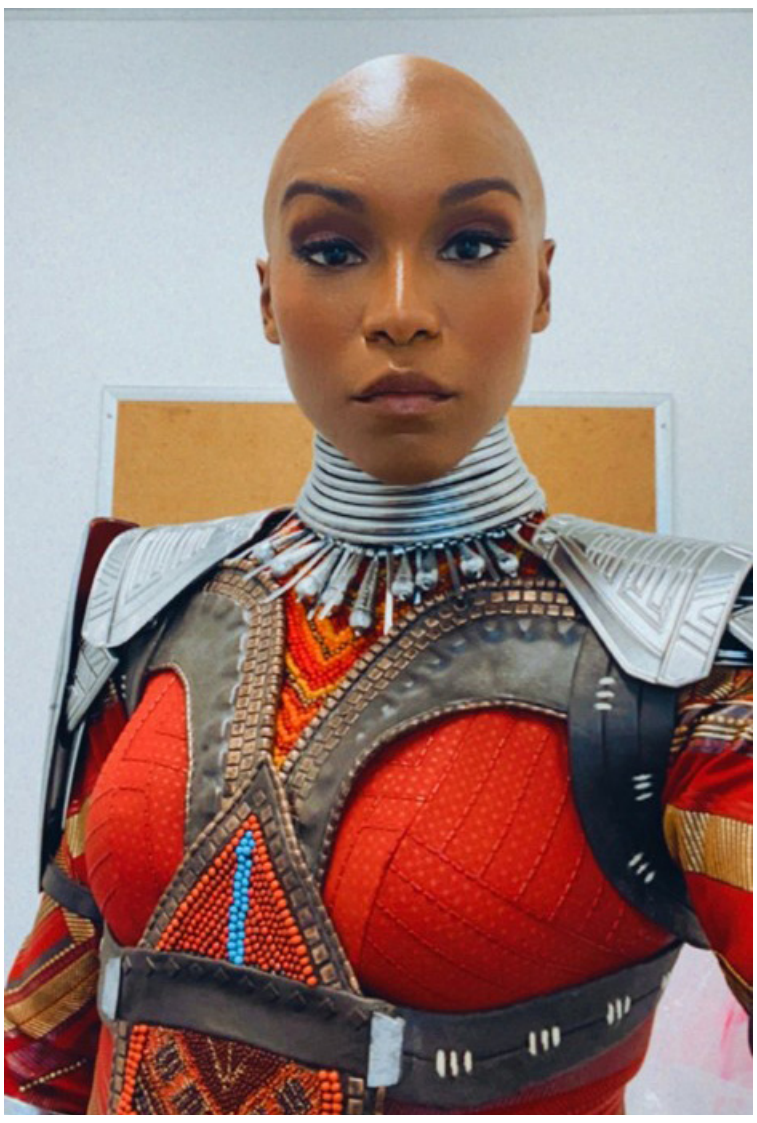
P: Entonces, ahora estás en Atlanta, ¿qué te gusta hacer cuando regresas a casa a Detroit?

R: "¡COMER y visitar a la familia! Detroit siempre está cambiando. Cada vez que vengo a casa de visita, siempre hay algo nuevo, así que me gusta descubrir cosas nuevas y siempre me sorprende. Pero sí, definitivamente pasar tiempo con mi familia y disfrutar de una buena comida".

P: Cuéntanos sobre tu conexión con la comunidad del suroeste de Detroit.

R: "Es muy interesante porque sé que soy una de las únicas Dora que es de ascendencia negra y mexicana, pues mi mamá es mexicana y mi papá es negro, así que esta película es un epítome de quién soy. La gente estaba tan emocionada de que yo fuera una Dora como una mujer negra, sin darse cuenta de que también soy latina, y poder ver a mi gente ahora representada desde el otro lado y que estos dos mundos se encuentren en esta película... Yo No creo que la gente lo entienda, pero para mí, es como si ahora Marvel nos representara por completo. Wakanda pasó la batuta a la comunidad latina, y ahora ellos también están representados: ¡eso es el suroeste de Detroit para mí! En el Suroeste de Detroit es donde puedes encontrar a negros y latinos viviendo juntos; es ahí donde he encontrado a la mayor parte de las personas que tienen la misma mezcla que yo. Así que es hermoso venir de allí y verlo representado en la pantalla grande".

From left to right: Ivy's Father Leonard Haralson, Sister Florinda, Nephew Romi, Mother Annette, Ivy, Sister Blue and Sister Alana
Photo by Angela Gallegos



Ivy portrayed one of the Dora Milaje (pronounced "DOR-ah muh-LAH-jay") warrior and bodyguard to the Black Panther

Ivy as Midnight Angel

Bank of America Awards

Con't from pg. 1

• Global Detroit
• Goodwill Industries of Greater Detroit
• Great Lakes Women's Business Council
• Greening of Detroit
• Habitat for Humanity Detroit
• Habitat for Humanity International
• Haven
• Invest Detroit Foundation
• Jefferson East Inc.
• Jewish Family Services of Washtenaw County
• Jewish Vocational Service and Community Workshop
• Junior Achievement of Southeastern Michigan
• Michigan Community Resources
• Michigan Humane Society
• Michigan Minority Supplier Development Council (MMSDC)
• Michigan Science Center
• Midnight Golf Program
• Motown Museum
• New ERA Community Group Inc.
• NPower Inc.
• Pope Francis Center
• Racquet Up Detroit
• The Salvation Army Eastern Michigan Division
• SAY Detroit
• SER-Metro Detroit Jobs for Progress
• South Oakland Shelter
• Southwest Economic Solutions
• Teach for America Inc.
• The Edison Institute (The Henry Ford)
• The Greening of Detroit
• The Michigan Women's Foundation
• The Wright Museum of African American History
• United Way for Southeastern Michigan
• Wayne State Medical
• Wayne State University Research & Technology Park
• YMCA of Metropolitan Detroit

Bank of America's Day of Giving included a small business roundtable with local partners to discuss the current business environment and identify opportunities to provide support. It ended with GIVE, an event celebrating the bank's local partners, this year's Student Leaders®, and its 2022 Neighborhood Builders awardees.

Abayomi Community Development Corporation (Abayomi CDC) and Racquet Up Detroit are Detroit's 2022 Neighborhood Builders. Each organization will receive $200,000 in flexible funding, as well as comprehensive leadership training for their leadership teams that will cover topics ranging from increasing financial sustainability, human capital management, and strategic storytelling. They also will join a network of peer organizations across the U.S. and get the opportunity to access capital to expand their impact.

Established in 1998, Abayomi CDC was founded on principles of faith, family and personal achievement. As a human services organization, Abayomi strives to provide access to housing, education, arts, wellness, and economic resources to all members of the community.

A bank partner since 2008, Abayomi CDC will use the Neighborhood Builders grant for facility renovations and to launch their new community wellness program, 'Be Well'. The program will allow Abayomi CDC to catalyze, motivate, and sustain individual and communal efforts towards improving physical, mental, and emotional health.

"Abayomi is honored to be an awardee of the Neighborhood Builders Initiative through Bank of America. We look forward to continuing our efforts to uplift Detroiters and build strong families for the future," said Hannah Morris, Deputy Director, Abayomi CDC.

Racquet Up Detroit serves Detroit students from fifth grade through college, offering academic support and world-class coaching in squash.

The bank has worked with Racquet Up Detroit since 2016. The organization's leaders plan to use their Neighborhood Builders grant to expand enrollment in their afterschool youth development program, launch new programming beyond the afterschool hours in partnership with neighborhood schools, and to support their Career Pathways program.

"The Bank of America Neighborhood Builders award is a game-changer for Racquet Up Detroit, as it will enable us to make good on the promise of our new facility by activating the spaces for community impact," said Derek Aguirre, executive director, Racquet Up Detroit. "Specifically, we will grow enrollment and serve more kids and families, while also adding broader community programs to increase access to the sport of squash, educational support, and other resources. And, perhaps most importantly, we will be able to make valuable investments in the leadership of the organization thanks to the development and training opportunities provided. We are thrilled to have Bank of America behind us in these important ways."

In the last decade, Bank of America awarded $39 million in support to fund partner initiatives, and its employee volunteers have spent thousands of hours on the ground helping to strengthen these important organizations.

Gov. Whitmer Declares Saturday, November 26 as "Beat the Buckeyes" Day

Ahead of the rivalry football game between the undefeated University of Michigan Wolverines and the Ohio State University Buckeyes, Governor Gretchen Whitmer declared Saturday, November 26 as "Beat the Buckeyes" Day in Michigan.

"There is no better Michigan tradition than watching the Wolverines beat that team down south," said Governor Whitmer. "Whether you're a Spartan or a Wolverine, let's come together this Saturday and show the Buckeyes what Michigan grit and determination can do. Let's get this W!"

"I can't wait to watch Coach Harbaugh and the Wolverines continue their undefeated march towards the Big Ten Championship and the Playoffs this Saturday," said Lt. Governor Garlin Gilchrist II. "I know the Wolverines will emerge The Victors, because we are the Leaders and Best. Go Blue, Beat Ohio!"

On Saturday, November 26 at noon, the University of Michigan Wolverines will face the Ohio State University Buckeyes for the 118th meeting of "The Game." First played in 1897, the Wolverines lead the series 59-51-6. In 2021, the Michigan Wolverines defeated the Buckeyes in a 42-27 victory.

Governor Whitmer is the proud mother of two students at the University of Michigan.

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EL PROYECTO
El proyecto del Puente Internacional Gordie Howe entre Windsor, Ontario y Detroit, Michigan, ayudará a mover bienes y personas de manera más eficiente en este importante portal comercial. Gestionado por Windsor-Detroit Bridge Authority (WDBA), y en colaboración con el Estado de Michigan, el proyecto se está llevando a cabo utilizando un modelo de asociación público-privada, conforme al cual Bridging North America diseñará, construirá, financiará, operará y dará mantenimiento al puente.

PARTICIPACIÓN DEL PÚBLICO
Le invitamos a asistir a reuniones comunitarias el miércoles, 7 de diciembre de 2022. Acompáñenos para conocer a los representantes del proyecto, obtener los últimos avances sobre el diseño y la construcción, así como los avances en la implementación del Plan de Beneficios para la comunidad del proyecto.

Las reuniones son en formato de puertas abiertas, con presentaciones programadas para las 3:30 p.m. y 5:15 p.m.

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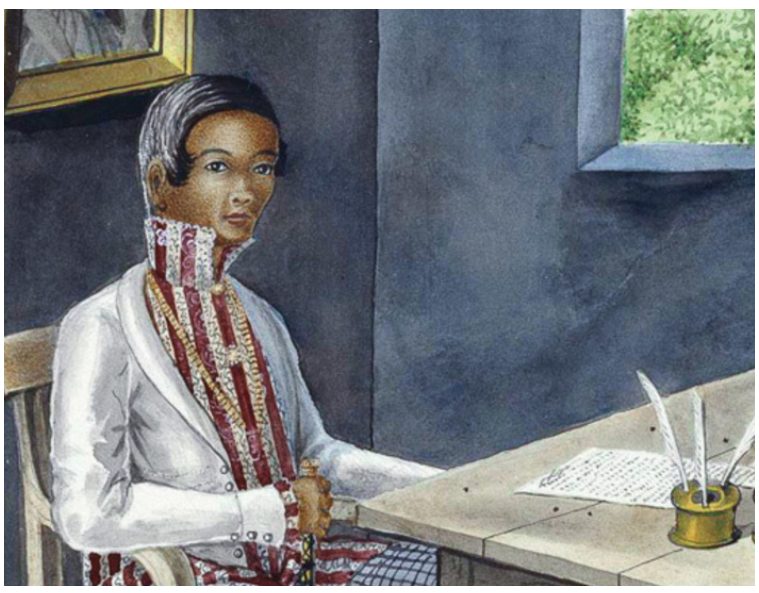
SPECIAL, WORLD'S CULTURES
Guerrero, México

Multiculturalism in Guerrero, Mexico

The state of Guerrero is one of the states of Mexico with a greater vast diversity of peoples, not only made up of Mexican and indigenous communities, but also the Afro-descendant community, as well as the Asian-descendant community. The multiculturalism



of Guerrero has endowed it with a constant update between the territorial political distribution within the state. The indigenous peoples are divided according to linguistic groups: Nahuas, Tlapanecos, Amuzgos and Mixtecs. However, according to INEGI surveys, there are indigenous communities such as: Huasteco, Huave, K'iche', Mam, Maya, Mayo, Mazahua, Mazateco, Mixe.

During Euro-colonial times, the Asian community enslaved by the Spaniards, mostly from the Philippines joined with the Afro-descendant and indigenous Mexican communities creating the communities of free peoples of Nuestra Señora del Buen Suceso, Coyuca and Atoyac. In those communities, the alliance through marital ties between all peoples created a pluralized community with facial features that unified Asia, Africa, and America.

Diles que lo viste en EL CENTRAL
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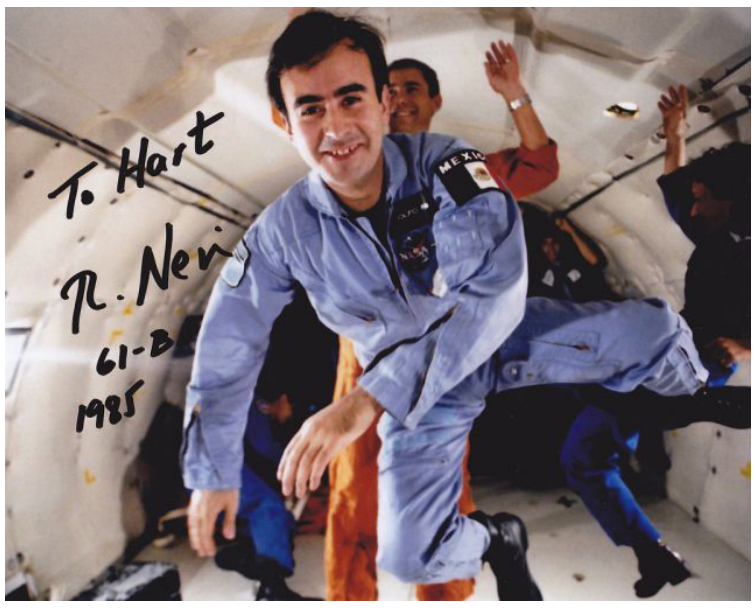
Rodolfo Neri Vela: First Mexican astronaut



Rodolfo Neri Vela is the first Mexican astronaut to go into space and the second in all of Latin America (after the Cuban Arnaldo Tamayo). Born in Chilpancingo, Guerrero in 1952, he studied Communications Engineering at the National Autonomous University of Mexico, UNAM. He has an MA from the University of Essex and a PhD from the University of Birmingham, England. Neri Vela is one of the main promoters of the Mexican Space Agency, which became law in 2010.

In 1985 he was part of the Atlantis shuttle mission, which took off from the Kennedy Space Center in Florida, participating in the placement of three communication satellites as a specialist in Mission STS-61-B, one of the three communication satellites placed was the Morelos B for Mexico communications.

He currently teaches and disseminates science with conferences on engineering, mathematics, electromagnetic theory, telecommunications, among others that he publishes in newspapers, magazines, among other types of collaborations in forums and universities.

AEM
AGENCIA ESPACIAL MEXICANA

ESPECIAL CULTURAS DEL MUNDO
Guerrero, México

Multiculturalidad en Guerrero, México

El estado de Guerrero es uno de los estados de México con una mayor vasta diversidad de pueblos, no sólo constituido de comunidades mexicanas e indígenas, pues también se les suman la comunidad afrodescendiente, así como la comunidad

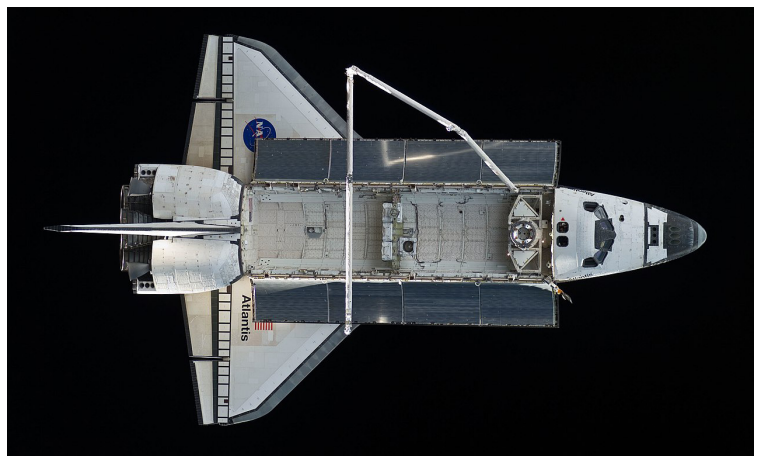
asiático-descendiente. La multiculturalidad de Guerrero lo ha dotado de una constante actualización entre la distribución político territorial al interior del estado. Los pueblos indígenas se dividen de acuerdo a los grupos lingüísticos: nahuas, tlapanecos, amuzgos y mixtecos. Sin embargo, de acuerdo a las encuestas del INEGI, se encuentran las comunidades indígenas: Huasteco, Huave, K'iche', Mam, Maya, Mayo, Mazahua, Mazateco, Mixe.

Durante la época de la colonia, la comunidad asiática traída desde Filipinas, se unió con las comunidades afrodescendientes e indígenas mexicanos para crear las comunidades de pueblos libres de Nuestra Señora del Buen Suceso, Coyuca y Atoyac. En aquellas comunidades la alianza a través de los lazos maritales entre todos los pueblos creó una comunidad pluralizada con rasgos que unificaron Asia, África y América.

Sigue cada semana en **EL CENTRAL** nuestro
ESPECIAL CULTURAS DEL MUNDO,
by Mariana Ayón RV

Rodolfo Neri Vela: Primer astronauta mexicano

Rodolfo Neri Vela es el primer astronauta mexicano en salir al espacio y el segundo de todo latinoamérica (después del cubano Arnaldo Tamayo). Nacido en Chilpancingo, Guerrero en 1952, estudió Ingeniería en Comunicaciones en la Universidad Nacional Autónoma de México, UNAM. Cuenta con una maestría por la Universidad de Essex y un doctorado por Universidad de Birmingham, Inglaterra. Neri Vela es uno de los principales impulsores de la Agencia Espacial Mexicana, misma que se convirtió en ley en el año 2010.



En 1985 fue parte de la misión del trasbordador Atlantis, que despegó del Centro Espacial Kennedy en Florida, participando en la colocación de tres satélites de comunicaciones como especialista en la Misión STS-61-B, uno de los tres satélites de comunicación colocados fue el Morelos B para comunicaciones de México.

Actualmente se desempeña a la docencia y la divulgación de la ciencia con conferencias, sobre ingeniería, matemáticas, teoría electromagnética, telecomunicaciones, entre otras de las que publica en periódicos, revistas, entre otro tipo de colaboraciones en foros y universidades.

Meet County Commissioner-Elect Cara Clemente

After 24 years of service in office, our County Commissioner Ilona Varga has decided to retire. She will be replaced by Democrat Cara Clemente of Lincoln Park following this month's elections.

Cara Clemente is currently a State Representative in Lansing. She says that her biggest accomplishment was "in service to her District". She referred to the fact that the Democrats were not in the majority during her tenure and as a result, her office prioritized problem solving for her constituents.

Cara was raised in Rockwood in Southeastern Wayne County and attended public schools. She received both a Bachelor's and Master's Degree from Eastern Michigan University in elementary education. She was actually the first person in her family to attend college.

After graduation, Cara taught science at St. Frances Cabrini Elementary School in Allen Park and John Paul II Elementary School in Lincoln Park. After she got married, she joined her husband's family business, Clemente's Bar, Restaurant and Bowling Alley, in Lincoln Park.

Cara is part Native American and belongs to the Wyandot of Anderdon tribe. She does hold a tribal card, which is a formal recognition of a person's tribal heritage.

As a county commissioner, her top priorities will be security (the jail is run by the County), infrastructure and economic development. She would like to be "of service again," so she intends to meet with the various communities in the district to learn about their concerns and issues. She will start this process after the first of the year.

She intends to hire a diverse staff, including Jesse Gonzalez from Commissioner Varga's staff, who is fondly referred to as the "Mayor of Vernor."

The new County Commission District includes a reduced section of Southwest Detroit, Zip Code 48217, Ecorse, River Rouge, Lincoln Park and Melvindale.

Steve Walker has been active in politics since 1962. He is a retired Political Science professor from Wayne County Community College, a member of the state Democratic Hispanic Latino Caucus and a long-time treasurer of the Wayne County Spanish Speaking Democrats and contributing writer for EL CENTRAL.

Steve Walker and Cara Clemente. Photo by Jesse Gonzalez

Freedom House acquires Southwest Detroit property it has occupied since 1983

Nonprofit organization to continue its mission of serving refugees fleeing persecution

The City of Detroit Housing & Revitalization Department (HRD) and the U.S. Department of Housing and Urban Development (HUD) are celebrating the sale of City-owned property to Freedom House Detroit, a deal that will ensure the nonprofit can continue to provide community housing and supportive services to refugees and others from around the globe who are fleeing persecution.

Founded in 1983 in response to Salvadorans escaping their country's brutal civil war, Freedom House has remained Detroit's and Michigan's only full-service provider for refugees and others seeking humanitarian protection. Freedom House provides community housing, legal aid, access to medical and mental health care, and support in navigating U.S. employment and housing systems. These programs are delivered using person-centered, trauma-informed, interdisciplinary approaches. As a result, at Freedom House, thousands of survivors of persecution have found a path to freedom.

Recent changes in federal housing policy resulted in changes to how the building could operate and created an opportunity for the City of Detroit to exercise a local government unit of sale process. The City was interested in a buyer for the property that could continue the type of services that Freedom House provides. As part of the process, the City coordinated a competitive bid process. Freedom House was the sole bidder, acquiring the property for $150,000 and guaranteeing that it will remain in its current home, located in Southwest Detroit. This is the first time that Freedom House will own the building that it houses refugees in since its founding. The deal closed last month.

"For refugees and others fleeing persecution, Freedom House serves as a place of hope, protection, and refuge," said Julie Schneider, director of the City of Detroit's Housing & Revitalization Department. "On behalf of the staff at HRD, we are proud to have played a role in helping Freedom House gain a permanent home to continue providing essential resources to our newest community members."

In the almost 40 years since its founding, Freedom House has helped more than 5,000 people fleeing persecution, answering its door at any time, day or night.

Annually, more than 125 people call Freedom House their first home in Detroit and the U.S. On average all beds are full – evidence of Detroit's role in serving this vulnerable population. By the time they move out, Freedom House's clients are prepared to join their new communities. In 2021, 79% of exiting clients had jobs or were leaving to pursue job opportunities, and 88% moved into apartments or homes of their own.

Reflecting on the City's partnership throughout the purchase process, Freedom House Chief Executive Officer Elizabeth Orozco-Vasquez said, "For decades, the City of Detroit has supported people fleeing persecution by partnering with Freedom House Detroit on funding, service, and health initiatives. This project is a continuation of that partnership. Freedom House would not have reached this goal were it not for the City's stewardship of the process."

People fleeing persecution or afraid to return to their home countries can call 313-964-4320

Elizabeth Orozco-Vasquez, Chief Executive Officer

Diles que lo Viste en
EL CENTRAL
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EL CENTRAL
HISPANIC NEWS

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EL CENTRAL informs and celebrates Metro Detroit's Hispanic and Latino community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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Community Treated to Preview of the Southwest Greenway and Bagley Mobility Hub

The Detroit Riverfront Conservancy and Michigan Central invited community residents for a sneak peek of the Southwest Greenway on Wednesday, November 16. Guests enjoyed free hot chocolate, tacos, churros and the opportunity to see all the progress connecting the riverfront to the Corktown, Hubbard-Richard and Southwest Detroit neighborhoods.

The event took place outside the Bagley Mobility Hub at the Southwest Greenway trailhead, which is located at 2209 Bagley Street in Detroit. Representatives from the Detroit Riverfront Conservancy and Michigan Central were on hand to greet attendees and give updates on construction progress to date.

In addition to being among the first to experience the greenway before it opens and to catch a glimpse of the work that still needs to be done, guests learned about the transformation of the Michigan Central site.

The $8 million Southwest Greenway will provide a non-motorized below-grade paved trail running from the Ralph C. Wilson, Jr. Centennial Park on West Jefferson to Bagley Street and the Michigan Central project. The Conservancy and its partners broke ground on the almost mile-long project in April of this year. The greenway will be open for people to use later this winter, with a grand opening celebration that will take place in spring 2023.

"The Southwest Greenway will make it really easy for residents of Mexicantown, Corktown and Southwest Detroit to get to the riverfront," said Mark Wallace, president and CEO of the Detroit Riverfront Conservancy. "People are excited about this, and the preview was a great opportunity to see what the greenway will look like when it is completed. We are thrilled to partner with Michigan Central on this project and excited to hear their updates."

Michigan Central has committed $5 million to the Detroit Riverfront Conservancy for the Southwest Greenway.

"We're excited to show Detroit some of the incredible public spaces Michigan Central and Detroit Riverfront Conservancy have been working on to deliver in the coming months," said Clarinda Barnett-Harrison, Director of Skills at Michigan Central. "Michigan Central is committed to the advancement of Detroit's physical realm in the form of adding new quality public space, various amenities and services on-site, creating accessible programming and funding for the surrounding residents and small businesses, supporting the work of local artists, and bringing new cutting-edge mobility solutions to the region, with more exciting updates to come in 2023."

The Southwest Greenway is a key part of the Joe Louis Greenway, a 27.5-mile greenway in Detroit that will provide the community with greater connectivity throughout the city, as well as access to the riverfront. Southwest Greenway and Joe Louis Greenway are a part of 160 miles of greenways in southeast Michigan.

Work is currently underway at Ralph C. Wilson, Jr. Centennial Park, a 22-acre park located on the West Riverfront. The future Ralph Wilson Park is one of the most significant projects on the horizon for the Conservancy and a major step forward in completing its goal of developing 5.5 miles of revitalized riverfront. It will dramatically change the landscape along the downtown riverfront, and it is expected to boost economic benefit in the area as well.

Named the Best Riverwalk in America by USA TODAY in 2021 and 2022, the Detroit Riverfront attracts 3.5 million visitors annually. The Detroit Riverfront Conservancy has invested more than $200 million in the revitalization of the Detroit Riverfront, which in turn has generated more than $2 billion in public and private investment.

Thanksgiving Leftover Pot Pie

Ingredients

- 2 cups frozen peas and carrots
- 2 cups frozen green beans
- 1 cup celery, sliced
- 2/3 cup butter
- 2/3 cup onion, diced
- 2/3 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon celery seed
- 1/2 teaspoon onion powder
- 1/2 teaspoon Italian seasoning
- 1 3/4 cups chicken broth
- 1 1/3 cups milk
- 4 cups leftover cooked turkey, cubed
- 2 (14.1-ounce) packages pastry for a 9-inch double-crust pie

Directions

Ready In:
1 hours and 20 minutes
Step 1
Preheat the oven to 425 degrees F.
Step 2 -
Place the frozen peas, the carrots, and the beans in a saucepan with the celery. Add enough water to cover and bring it to a boil.

Step 3 -
Reduce the heat to medium-low and simmer until the celery is tender, about 8 minutes. Drain.
Step 4 -
Melt the butter in a saucepan over medium heat. Add the onion and cook until translucent, about 5 minutes.
Step 5 -
Add the flour, the salt, the pepper, the celery seed, the onion powder, and the Italian seasoning, then whisk until a paste forms, about 1 minute.
Step 6 -
Slowly whisk in the chicken broth and then the milk until incorporated. Bring to a simmer and cook, whisking constantly, until the sauce thickens, about 3-5 minutes.
Step 7 -
Remove the thickened sauce from the heat. Add the cooked, drained vegetables and the cubed turkey, and stir until the filling is well-combined.
Step 8 -
Set out two 9-inch pie dishes. Fit one pie pastry into the bottom of each dish. Spoon 1/2 of the pot pie filling into each dish, then lay the remaining pie pastries overtop.

Step 9 -
Pinch and roll the top and bottom pastries together at the edges to seal. Use a sharp knife to cut several small slits in each top pastry to allow steam to release while cooking. Place the pies on baking sheets.
Step 10 -
Bake in the preheated oven for 15 minutes. Check the top crusts for browning; if they are browning too quickly, cover them with aluminum foil.
Step 11 -
Continue to bake until the crusts are golden brown and the filling is bubbly, about 15-20 more minutes.
Step 12 -
Remove from the oven and cool for 10 minutes.
Step 13 -
Serve and enjoy.

It's Corn! Pudding

Ingredients

- 3 tablespoons all-purpose flour
- 2 tablespoons granulated sugar
- 2 teaspoons baking powder
- 2 teaspoons kosher salt
- 6 large eggs
- 2 cups heavy cream
- 1/2 cup salted butter, melted and cooled
- 2 tablespoons canola oil
- 6 cups fresh corn kernels
- 1/2 cup sweet onion, chopped
- 3 ounces white cheddar, shredded
- 3 ounces sharp yellow cheddar, shredded
- 3 ounces parmesan cheese, shredded
- 1/4 cup fresh flat-leaf parsley, chopped

Directions

Ready In:
55 minutes
Step 1
Preheat the oven to 350 degrees F.
Step 2 -
Stir the flour, the sugar, the baking powder, and the salt in a small bowl until blended.
Step 3 -
Whisk together the eggs, the cream, and the melted butter in a medium bowl until blended.
Step 4 -
Heat the oil in a large skillet over medium-high.
Step 5 -
Add the corn and the onion and cook, stirring often, until the onion is softened, about 5 minutes.
Step 6 -
Transfer the skillet from the heat and allow the mixture to cool slightly, about 5 minutes.
Step 7 -
Stir the flour mixture and the corn mixture into the egg mixture.
Step 8 -
Stir the white cheddar, the yellow cheddar, the parmesan, and the parsley into the corn pudding mixture.
Step 9 -
Spoon the mixture into a 9x13-inch baking dish.
Step 10 -
Bake in the preheated oven until set and golden brown, about 40 minutes.
Step 11 -
Let stand for 5 minutes.
Step 12 -
Serve.

Thanksgiving Safety
The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Did you know?

Thanksgiving is the leading day of the year for home fires involving cooking equipment.

Have activities that keep **kids out of the kitchen** during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside** the kitchen.

NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

nfpa.org/education ©NFPA 2017

Cooking Safety
Cooking brings family and friends together, provides an outlet for creativity and can be relaxing. But did you know that cooking fires are the number one cause of home fires and home injuries? By following a few safety tips you can prevent these fires.

"COOK WITH CAUTION"

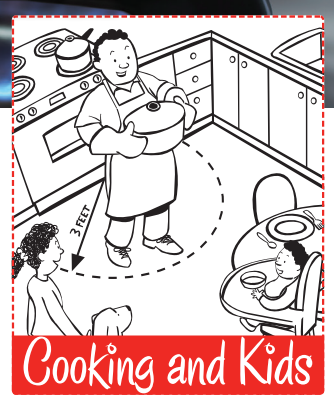
- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



Cooking and Kids

Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

FACTS

- The leading cause of fires in the kitchen is unattended cooking.
- Most cooking fires in the home involve the kitchen stove.

NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

nfpa.org/education ©NFPA 2018

ENTRETE

Reinas de belleza de Argentina y Puerto Rico se casan y su revelación se hace viral

A través de Instagram, las ex reinas de belleza, Mariana Varela y Fabiola Valentín anunciaron que contrajeron matrimonio en San Juan, Puerto Rico. Las redes sociales celebraron el anuncio.

"Después de decidir mantener en privacidad nuestra relación, les abrimos las puertas en un día especial", escribió Fabiola en la publicación de Instagram donde revela que se había casado con Mariana.

Mariana Varela fue Miss Argentina y representó a su país en el certamen de Miss Universo 2019; al año siguiente, participó en Miss Grand International, concurso de belleza de origen tailandés donde aparentemente conoció a su pareja.

Fabiola Valentín es una modelo que terminó en el Top 3 del certamen Miss Puerto Rico 2019. En 2020, representó a Puerto Rico en el mismo certamen donde participó Mariana, Miss Grand International.

En redes sociales miles de usuarios felicitaron a estas dos mujeres, quienes decidieron hacer pública su relación el viernes pasado. "¡Gracias por todo el amor!" respondió Mariana.

"Somos muy felices y dichosas. Les deseo que el amor que nos están brindando les vuelva multiplicado. Gracias infinitas".

Su publicación ha generado un millón de reproducciones en tan solo un par de días.

¿Quién es Anne Jakrajutatip, la Empresaria y Mujer Trans que Compró Miss Universo?

Miss Universo cambió de administración y ahora es propiedad de la magnate Anne Jakrajutatip; una mujer y empresaria trans que ha sido ovacionada en redes sociales por comprar el certamen de belleza.

Anne Jakrajutatip, es tailandesa, tiene 43 años de edad y posee una fortuna que le permitió comprar el mítico concurso por 14 millones de dólares, es decir, unos 278 millones 355 mil 406 pesos mexicanos.

El acto no solo significó una transformación para el certamen, sino un gran avance para la inclusión de la comunidad a la que Jakrajutatip pertenece.

Dado que recientemente se generó una polémica por la participación de las mujeres trans en Miss Universo y otros certámenes de belleza, la acción de Anne significó una forma de parar esta discriminación.

Anne Jakrajutatip, de acuerdo con Forbes, es una de las mujeres más importantes de Asia dado que posee una gran fortuna y es dueña de la empresa JKN Global Group Public Company Limited; un conglomerado de contenidos y medios de Tailandia.

También es la creadora de Life Inspired For Transexual Foundation (LIFT), que tiene la finalidad de defender los derechos humanos, la dignidad y las oportunidades de inclusión de las personas trans.

Con la adquisición de Miss Universo, la estructura de uno de los certámenes más selectivos y complejos cambiará. Hasta agosto de 2022, el concurso también aceptará a madres y casadas entre sus concursantes, dado que antes solo podían participar mujeres solteras y que tuvieran de 18 a 28 años.

ENTRETENIMIENTO

Muere Agustín Ramírez, Cantante de Los Caminantes, a los 70 años de Edad

Agustín Ramírez, líder y cantante principal de Los Caminantes, murió a la edad de 70 años. Aunque su familia no dio más detalles sobre la causa de su muerte, aseguraron que partió en paz y rodeado por sus seres queridos.

Los Caminantes son una de las agrupaciones más populares en México y son originarios de Guanajuato. Los hermanos Agustín, Brígido y Bernardo fueron llevados a Estados Unidos por sus tías y allí aprendieron a tocar diversos instrumentos musicales mientras trabajaban en una fábrica.

Dado que su familia era de origen humilde, los jóvenes partieron a este país para mejorar su condición económica y al darse cuenta que la música se convertía en algo más que un pasatiempo decidieron crear Los Caminantes Aztecas.

Tras varias modificaciones a la alineación del grupo, recibieron la ayuda de Abel de la Luna para grabar su primer tema de estudio con dinero que ellos mismos habían juntado.

Después difundieron sus discos entre las radiodifusoras locales y uno de los locutores que conocieron en esta industria fue quien les sugirió cambiar su nombre por Los Caminantes.

En 1983 lanzaron su primer disco titulado Supe Perder y comenzaron así un ascenso a la fama internacional. En México fueron bien recibidos y en 1990 grabaron su primera película títulada Caminantes… Sí Hay Caminos.

Aunque la muerte de su hermano menor, Martín Ramírez, supuso un duro golpe para Los Caminantes, finalmente decidieron seguir con el proyecto para honrar la memoria de Martín.

A lo largo de su carrera grabaron más de 30 discos y tuvieron numerosas colaboraciones con grupos de talla internacional. Hasta 2023

lanzaron su último material y seguían compartiendo su música con sus seguidores hasta la muerte de Agustín.

"Es con profundo pesar que debemos informarles del fallecimiento de Agustín Ramírez, fundador de Los Caminantes, el 26 de octubre. Agustín falleció en paz y rodeado de sus seres queridos", escribieron en un comunicado.

Desde 2018, este cantante ya había presentado algunos problemas de salud.

Albañil Que Enfrentó a Joven Fitness Ahora Compite Contra Mecánico; ¿Quién Ganó?

En redes sociales se hizo viral un albañil que se enfrentó a un chico fitness para probar quién tenía más fuerza física. Días después de este encuentro, el mismo albañil compitió ahora contra un mecánico.

El encuentro quedó registrado en un video que fue compartido a través de TikTok y se hizo viral. En la grabación, el albañil y el mecánico jalaron una camioneta de 5 toneladas de peso. Después levantaron varios bultos de cemento y por último golpearon una pera de box electrónica.

En la primera prueba ganó el mecánico mientras que en la siguiente fue el albañil quien dejó en claro su destreza para levantar objetos pesados, cargando un total de 3 bultos de cemento.

Durante la prueba con la pera de box, el albañil obtuvo 7 mil 136 puntos mientras que el mecánico tan solo 819. "A ver, otra profesión digna para acá, porque los mecánicos nomás no. Puro albañil, puros albañiles", mencionó el albañil entusiasmado por su victoria.

El video volvió a ser compartido por el usuario @ luisitotime2.0 en TikTok.

Thanksgiving Football !!!

EL CENTRAL
HISPANIC NEWS
SPORTS
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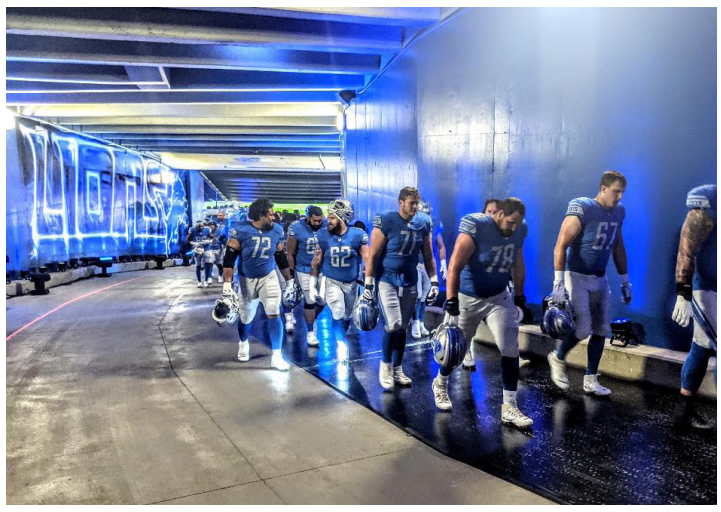
Sports Editor: Dan Graschuck/ EL CENTRAL

This week, is an exciting week for College and Pro football. The Detroit Lions (4-6), who have won 3 straight games, will host the Buffalo Bills (7-3), at Ford Field, on Thanksgiving Thursday, at 12:30 pm (CBS). The Lions are looking to keep the momentum going and defeat the Bills, and look towards possibly making the playoffs. The #3 University of Michigan Wolverines (11-0), will travel to Columbus, OH, to take on the #2 Ohio State Buckeyes (11-0), this Saturday, November 26th, at 12:00 pm (FOX). This will be the biggest game, for the Wolverines, and the winner of this game will go to the Big Ten Championship game, on Saturday, December 3rd, in Indianapolis, Ind.at 8:00 pm (FOX). The Michigan State Spartans (5-6), travel to University Park, PA to take on the #11 Penn State Nittany Lions (9-2), on Saturday, November 26th at 4:00 pm. The Spartans will have to defeat the Nittany Lions, if they want to become bowl eligible, and the only losses the Nittany Lions have had this season have been to the Wolverines and Buckeyes. This game will be a true test to the Spartans, who blew a commanding lead against the Hoosiers, last Saturday, and lost in double overtime, 39-31. Photos by Dan Graschuck/ EL CENTRAL

Photos below are highlights from the Detroit Lions, University of Michigan Wolverines, Michigan State Spartans, and Ohio State Buckeyes, from previous seasons/ or games

Detroit Lions fans, during the 2021 Thanksgiving Day game at Ford Field



Detroit Lions, taking the field during the 2021 Thanksgiving Day game at Ford Field

Detroit Lions head coach, Dan Campbell, talks to media after the game. Campbell is looking to lead his Lions to a 4th straight victory at Ford Field, this Thanksgiving against the Buffalo Bills

Nittany Lions head coach, James Franklin, getting ready to take the field at the Big House, earlier this season. Franklin and his Nittany Lions are looking to take down the Spartans, this Saturday

Spartans head coach, Mel Tucker, talks to media after a game. Tucker and Spartans are looking to bounce back and defeat the Nittany Lions and become bowl game eligible

Wolverines head coach, Jim Harbaugh, gets ready to lead his Wolverines onto the field at the Big House. Harbaugh and his Wolverines are looking to keep the success they had last year and the success they've had this year and defeat the Buckeyes and head to the Big Ten Championship game and another shot at the NCAA Playoffs

Buckeyes head coach, Ryan Day, leading his Buckeyes team, onto the field at the Big House, during the 2021 season. Day and his Buckeyes are looking to take down the Wolverines, after being defeated by the Wolverines, last year, and head to the Big Ten Championship game and the NCAA Playoffs

Qatar 2022 está en marcha: La ceremonia de apertura de la Copa del Mundo

Qatar le dio la bienvenida al mundo y para dar inicio a la XXII edición de la justa más importante del orbe en el mundo del futbol

La tradición Qatarí y la modernidad se mezclaron en la ceremonia de inauguración del Mundial 2022, en el estadio Al Bayt de Al Khor, una de las joyas arquitectónicas erigidas para albergar la competición y escenario del primer partido, entre la selección anfitriona y la de Ecuador.

El escenario del acto no podía ser más adecuado. El estadio toma su nombre de las bayt al sha'ar, las tiendas tradicionales que usaban los nómadas de Qatar y de la región del Golfo y su estructura se asemeja claramente a ellas.

Bajo la presidencia del emir Sheikh Tamim bin Hamad Al Thani, muy aclamado por el público, el primer Mundial de la historia en Oriente Medio exhibió una ceremonia rápida, de media hora, por momentos muy sentida, en la que se mostraron las raíces del país, su vinculación al desierto, y se quiso mandar un mensaje de unidad y de modernidad.

"Al mundo entero le digo, bienvenidos a Doha. Hemos trabajado duro con mucha gente para que esta competición sea un éxito. Hemos invertido para trabajar por el bien de la humanidad. Las gentes se unen, sin importar su etnia, su religión, su orientación y su nacionalidad aquí en Qatar y tras las pantallas de todos los continentes del mundo", indicó en su breve discurso el emir.

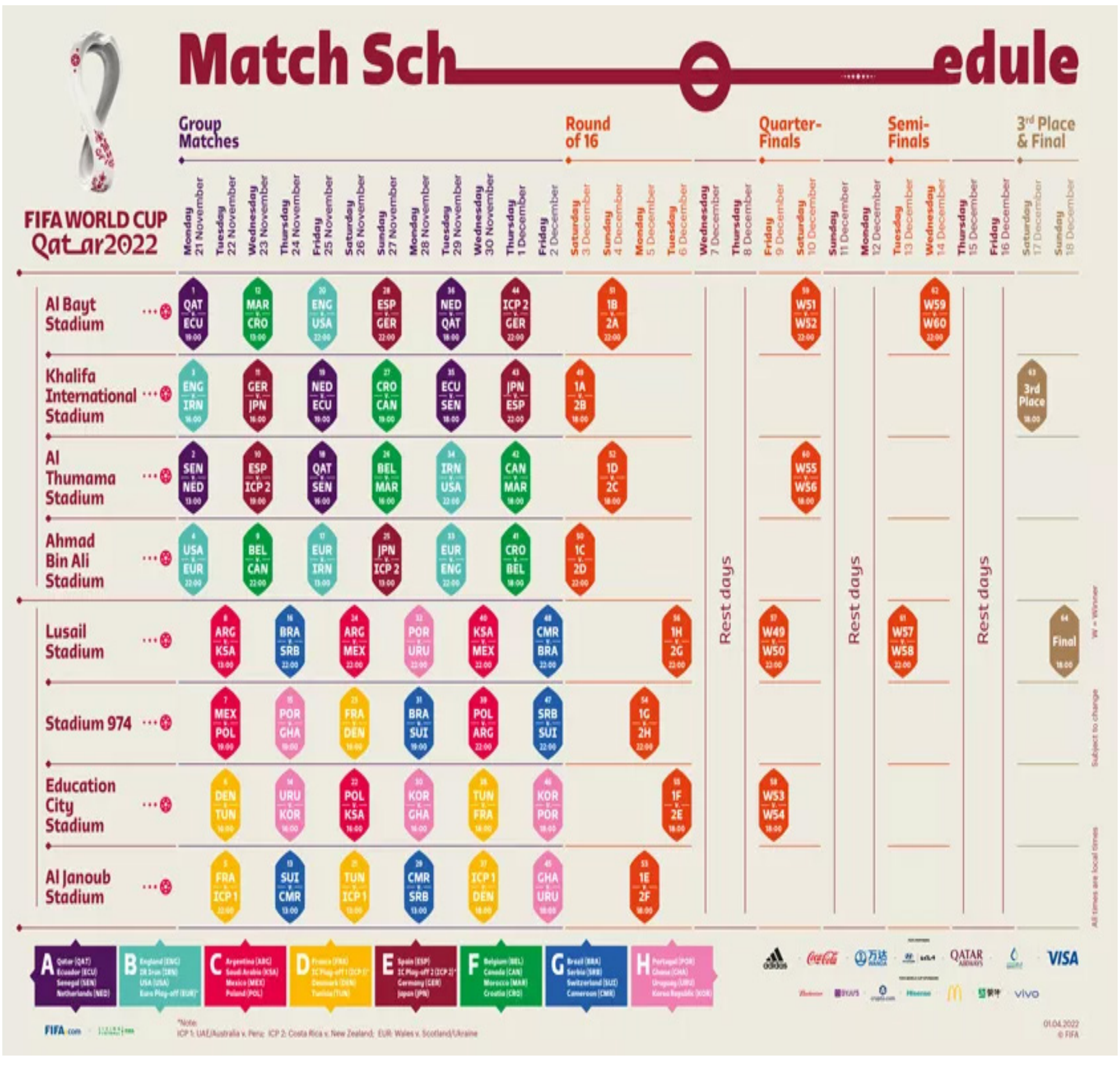
Asistieron, a parte de los máximos dirigentes del fútbol mundial que encabeza el suizo Gianni Infantino, personalidades como los presidentes de Turquía, Refecep Tayyip Erdogan, Egipto, Abdel Fattah al-Sissi, de la autoridad nacional Palestina, Mahmud Abás, el príncipe heredero de Arabia Saudí, Mohamed bin Salman, y la vicepresidentea ejecutiva de Venezuela, Delcy Rodríguez.

El actor Morgan Freeman, que tuvo un papel importante en el inicio, aseguró que "el fútbol da la vuelta al mundo y el que une a las naciones une también a las comunidades".

El cantante Jung Kook, integrante del grupo surcoreano BTS, interpretó "Dreamers", canción incluida en la banda sonora oficial del Mundial, junto al cantante Qatarí Fahad Al Kubaisi, lo que también supone, según los organizadores, una llamada a la unidad de "toda la humanidad, salvando las diferencias a través del humanismo, el respeto y la inclusión".

En la ceremonia hubo pequeños homenajes a las 32 selecciones, como breves fragmentos de canciones típicas con las que las aficiones las animan, y a ediciones precedentes de la Copa del Mundo, con la salida y despliegue de las mascotas, entre ellas Gauchito y Naranjito, así como con himnos de los últimos torneos, entre ellos el Waka Waka de Shakira.

Previamente el exjugador Marcel Desailly, campeón mundial con Francia, introdujo el trofeo de la Copa del Mundo que ganaron los 'bleus' hace cuatro años en el Luzhniki moscovita y durante más de tres horas varios miles de seguidores ecuatorianos se hicieron notar en uno de los fondos del coliseo de Al Khor.


Match Schedule
FIFA WORLD CUP Qatar2022
Group Matches
Round of 16
Quarter-Finals
Semi-Finals
3rd Place & Final
Monday 21 November
Tuesday 22 November
Wednesday 23 November
Thursday 24 November
Friday 25 November
Saturday 26 November
Sunday 27 November
Monday 28 November
Tuesday 29 November
Wednesday 30 November
Thursday 1 December
Friday 2 December
Saturday 3 December
Sunday 4 December
Monday 5 December
Tuesday 6 December
Wednesday 7 December
Thursday 8 December
Friday 9 December
Saturday 10 December
Sunday 11 December
Monday 12 December
Tuesday 13 December
Wednesday 14 December
Thursday 15 December
Friday 16 December
Saturday 17 December
Sunday 18 December
Al Bayt Stadium
Khalifa International Stadium
Al Thumama Stadium
Ahmad Bin Ali Stadium
Lusail Stadium
Stadium 974
Education City Stadium
Al Janoub Stadium
Rest days
Rest days
Rest days
W = Winner
Subject to change
All times are local times
A Qatar (QAT) Ecuador (ECU) Senegal (SEN) Netherlands (NED)
B England (ENG) IR Iran (IRN) USA (USA) Euro Play-off (EUR)*
C Argentina (ARG) Saudi Arabia (KSA) Mexico (MEX) Poland (POL)
D France (FRA) IC Play-off 1 (ICP 1)* Denmark (DEN) Tunisia (TUN)
E Spain (ESP) IC Play-off 2 (ICP 2)* Germany (GER) Japan (JPN)
F Belgium (BEL) Canada (CAN) Morocco (MAR) Croatia (CRO)
G Brazil (BRA) Serbia (SRB) Switzerland (SUI) Cameroon (CMR)
H Portugal (POR) Ghana (GHA) Uruguay (URU) Korea Republic (KOR)
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*Note: ICP 1: UAE/Australia v. Peru; ICP 2: Costa Rica v. New Zealand; EUR: Wales v. Scotland/Ukraine
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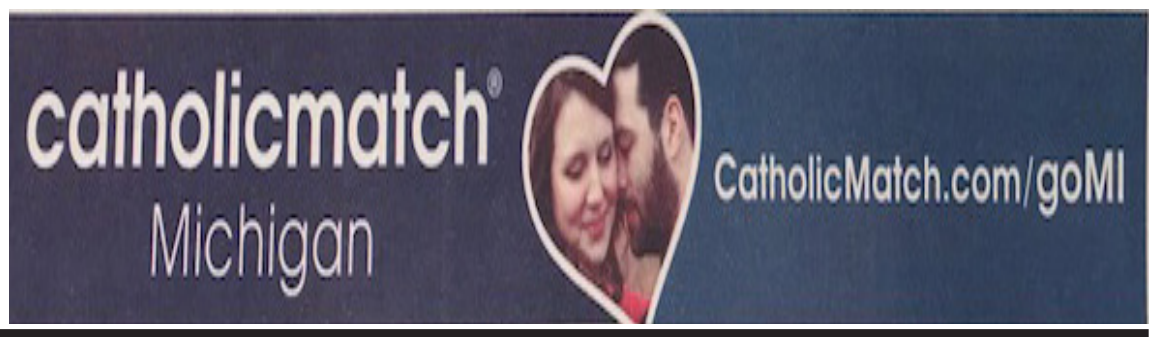

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EDITORIAL OPINION

"Not All are Farmworkers"

By Raoul Lowery Contreras

Hispanics live in the United States, 63 million of them; they live everywhere, in every state, in most cities. Like I said - everywhere. That's the number, the percentage of the American population that is Hispanic/ Latino is 18% and growing. In a few years, we will be 25 or more percent of America.

So, do they live in Latino "ghettos," in former Mexican territory? Are they limited in culture and education? Are they isolated like I was in 1940's San Diego within a "barrio" Logan, or Old Town where California began in 1769? Are they all of Mexican heritage like me? Are they isolated in the U.S., segregated politically and without participation in the great American democracy?

One word suffices here - NO!

Last week I attended a resurrected National Association of Hispanic Publcations (NAHP) meeting in Colorado; it was resurrected from an almost fatal COVID pandemic that canceled thousands of meetings for all groups in the U.S. I hadn't attended an NAHP meeting since Creators Syndicate, then the New York Times ``New American News Service" syndicated my newspaper column in 1995.

Besides my weekly column that has been published every week since January of 1988 I moved into talk radio and television and I hosted a television program in San Diego -- En Vivo - for 25 years. My current Contreras Report is televised on YouTube and Roku.

Back to the NAHP.

When I was active in it in the 90's, most member publishers were of Mexican, Puerto Rican or Cuban origin. My columns were published by a number of them; the columns basically "nationalized" Hispanic locally-oriented newspapers, mostly weeklies, and magazines. I was even published by a "lowrider" magazine in Southern California.

Last week I mingled and ate lunch/dinner with people from Ecuador, Colombia, Peru, Bolivia, Venezuela, Argentina, Spain and fellow "chilangos" from Mexico City. I mingled with graduates from Harvard, North Carolina State, Cal-State Los Angeles, the University of Arizona, Houston University, University of Central Florida, Florida International University, Miami University, Ibero University of Mexico City and the University of Texas. With the exception of Harvard and Ibero of Mexico City, the other colleges had played football against my alma mater, San Diego State University.

Uneducated, uncultured, dumb - these people were not.

We are not an ethnicity dominated by farmworkers - like we used to be.

We were all informed that 300,000 Hispanics in Iowa have a Hispanic newspaper to read, ditto Nebraska, New Jersey, Arkansas, Delaware, Atlanta, Denver and Colorado with several, Kansas, Illinois, Washington D.C., Ohio, both South and North Carolina, Tennessee (two), Kentucky, Arizona, Michigan, Nevada (with an exploding Hispanic population), Washington State and dozens in California, Texas and Florida.

There's even LIfestyle Hispanic magazines and tabloids, not just business and news publications. I might add there's even two Hispanic dailies, Diario de Nueva York and La Opinion in Los Angeles; why? Because there are almost 2 million Hispanic/Latinos in the city of Los Angeles and 2.4 million in the five burroughs New York, not counting those in surrounding suburbs.

It was not only informative to sit in on meetings were business models and projections were discussed but truly interesting to hear almost 100 percent native Spanish speakers discuss their ventures in English as well as discussing the future of their efforts among a growing population even as the national future of daily and weekly newspapers is shrinking due to costs and a national movement to a digital news world.

Hispanic America is changing fast. It is growing; it is deeply immersed in a new America with television and digital means of spreading information that all can receive in English and Spanish. I listened to a lot of people talk about adding video and digital to supplement their basic print activities.

These journalist enterprises and their informed readers are reflected in the Congress of the United States, the House and Senate where eleven (11) percent of the 535 congress people are now Hispanic/Latino, a bit short of the 19% of the nation's population that is Hispanic/ Latino of the American nation.

That 11 percent will grow as Hispanic/Latino print and digital media grow.

The only segment that won't grow is the LatinX segment. I didn't hear that word once during the conference, nor did I see it anywhere. Ipso facto, LatinX doesn't exist in our Hispanic/ Latino/Hispano world.

Opinions in this article are not necessarily those of the Publisher or Editor

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Salud/*Health*

Steps You Can Take to Care for Yourself During the Holidays

(StatePoint) With seasonal stressors like end-of-year work deadlines, gift shopping and hosting potentially weighing on you, plus all those extra sweets and indulgent foods to nibble on, the holiday season may be the happiest time of year, but it's not always the healthiest. Here's how to take better care of yourself to feel your best this holiday season.

Protect Your Skin

You may be aware that the more free radicals you have in your body, the more skin damage can accumulate over time. But did you know that exposure can be particularly high during the holiday season? There are a few reasons for this. One is that cooler temperatures are linked to sugar cravings, making sweet treats especially hard to resist at a time of year when there are so many to choose from. Increased sugar intake can boost the production of advanced glycation end products, and ultimately unwanted free radicals. In general, diets high in fat, sugar, and processed foods can contribute to free radical production, as can stress.

Fortunately, you can take steps to protect your skin from the inside out during the holidays and beyond. Fernblock PLE (Polypodium leucotomos extract), the natural antioxidant in the dietary supplement Heliocare Daily Use Antioxidant Formula, can help neutralize free radicals and the damage they cause. Dermatologist-recommended, Heliocare aids in eliminating free radicals to help maintain younger-looking, more resilient skin.

"Along with the cheer of the season comes skin hazards," says New York-based dermatologist, Rachel Nazarian, MD. "But the holiday season is the perfect time to gift your skin additional protection from the damaging effects of free radicals. You can do this by incorporating a supplement like Heliocare into your routine in addition to using a topical broad spectrum sunscreen."

To learn more, visit heliocare.com. (These statements have not been evaluated by the Food and Drug Administration. Heliocare is not intended to diagnose, treat, cure or prevent any disease.)

Move Daily

Be sure to take time for yourself each day to receive the combined physical and mental health benefits of movement. Head outdoors for a morning or afternoon walk to get some fresh air, improved blood circulation and some mood-boosting sunlight during the short, dark

days of winter. To promote agility, flexibility and relaxation, take a few minutes to unwind with some meditation or gentle yoga.

Practice Healthy Habits

Holiday office parties and family gatherings often involve indulging in the kinds of food and drink that can leave you feeling more dehydrated, bloated and fatigued than you might normally. Counteract these effects by adopting healthy habits now that you can carry into the new year. Drink plenty of water each day, and incorporate decaffeinated green tea, coconut water or smoothies into your routine for added electrolytes. Likewise, get high-quality sleep each night. It's especially important to do so if you're burning the candle at both ends. For better shut-eye, avoid caffeine and blue light exposure before bedtime, and keep your bedroom temperature comfortable and consistent.

While it can be hard to set aside time in your schedule when there's so much to do, a bit of daily self-care is sure to have a restorative effect that helps you refresh, reset and be more focused.

Lo que las personas con asma o EPOC deben saber sobre la tos ferina

(StatePoint) La tos ferina, también conocida como tos convulsiva, es una infección bacteriana extremadamente contagiosa que puede provocar graves problemas de salud, a veces potencialmente mortales, por ejemplo la exacerbación de afecciones médicas crónicas, como el asma y la enfermedad pulmonar obstructiva crónica (EPOC).

El otoño es una de las épocas del año en que la tos ferina alcanza su punto máximo en América del Norte. Coincidiendo con el Mes de la Concientización sobre la EPOC en noviembre, éste es un buen momento para aprender sobre su riesgo de sufrir tos ferina y que la vacunación puede ayudarle a mantenerse saludable. Esto es lo que debe saber:

¿Cuáles son los síntomas de la tos ferina? La tos ferina generalmente comienza con síntomas parecidos al resfriado. No es sino hasta que la gravedad de la enfermedad avanza que puede diferenciarse de otras enfermedades respiratorias. Después de una semana o dos, se puede desarrollar una tos repetitiva y áspera, a veces acompañada de un sonido de "jadeo", que ocurre cuando todo el aire ha salido de los pulmones y uno inhala mientras tose. Estos ataques de tos, que pueden ser tan intensos que incluso pueden romper las costillas, a menudo dan como resultado la pérdida del control de la vejiga, vómitos y agotamiento, mareos y dolores de cabeza. Los labios y las áreas a su alrededor pueden incluso ponerse azules debido a la falta de oxígeno.

¿Cuándo debo ver a un médico? El tratamiento para la tos ferina está fácilmente disponible y se recomienda muy vivamente. Si se inicia temprano, puede ayudar a reducir la gravedad y la duración de la enfermedad, así como reducir el riesgo de complicaciones. Una vez que se ha hecho un diagnóstico o se ha determinado que hay sospecha de exposición a la enfermedad, debe comenzar a tomar antibióticos inmediatamente.

¿Quién se ve afectado? La tos ferina a menudo se considera como una enfermedad infantil; sin embargo, también afecta a los adultos. Quienes sufren una enfermedad pulmonar subyacente deben tener especial cuidado, ya que la tos ferina puede empeorar estas enfermedades incluso hasta el grado de hacer que los pacientes resulten hospitalizados, incluso luchando por sus vidas.

¿Cómo puedo permanecer sano? Según los Centros para el Control y la Prevención de Enfermedades (CDC), la mejor manera de protegerse contra la tos ferina es vacunándose. La inmunización infantil reduce el riesgo de contraer tos ferina y también hay una vacuna para adultos. Desafortunadamente, solo se administró una vacuna contra la tos ferina al 30% de los adultos estadounidenses en los últimos 10 años, dejando a muchas personas vulnerables. La Tdap, que protege contra el tétanos, la difteria y la tos ferina, está cubierta en forma gratuita por la mayoría de los planes de seguro. Recomendada para personas de todas las edades en los Estados Unidos, es especialmente importante para adultos de alto riesgo, como quienes sufren de asma y EPOC, y para adultos mayores que estarán en contacto con bebés menores de 12 meses. Hable con su médico para averiguar si está al día con la vacunación contra la tos ferina.

¿Qué otras medidas de prevención puedo tomar? Como ocurre con muchas otras enfermedades infecciosas, tener buenos hábitos de salud puede reducir sus probabilidades de enfermar de tos ferina. Lávese las manos correctamente con agua y jabón de modo frecuente, especialmente si entra en contacto con una persona que tenga una infección respiratoria. Siempre cúbrase la boca y la nariz al toser o estornudar, y límpiese las manos después. Quedarse en casa cuando está enfermo ayudará a prevenir la propagación de enfermedades respiratorias infecciosas.

Tengo una enfermedad pulmonar crónica. ¿Qué más debo saber? Si bien cualquier persona puede contraer tos ferina, los adultos que viven con asma tienen un riesgo cuatro veces mayor de sufrir la infección y sus complicaciones. En el caso de las personas que tienen EPOC, los síntomas a menudo empeoran después de una infección respiratoria. El asma y la EPOC hacen que las vías respiratorias de los pulmones se inflamen, y la tos ferina puede aumentar aún más esta inflamación de las vías respiratorias, lo que dificulta la respiración. Hable con su proveedor de atención a la salud para asegurarse de tener al día sus vacunas para adultos. Para obtener más herramientas y recursos, visite Lung.org/Pertussis.

Nov. 11

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Presidente de Bank of America en Detroit

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